



Decisional Balance Exercise

This exercise may help with a decision to lose weight, or to continue losing weight. In the left column, write down all the GOOD things about losing weight, and give each one a value from 1-10, with 1 being the least valuable to you, and 10 being the most valuable to you. Be absolutely honest. In the right column, write down all the BAD, unpleasant, or difficult things about losing weight, and give each one a rating from 1-10, with one being not very difficult to deal with, and 10 being extremely difficult to deal with. Again, be absolutely honest. Then, add up the values for each column, and see which one is more. That may help you make up your mind...

<u>Good things about Losing weight</u>	<u>Rating</u>	<u>Bad/hard/unpleasant things about losing weight</u>	<u>Rating</u>
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	
11.		11.	
12.		12.	
13.		13.	
14.		14.	
15.		15.	
TOTAL			